

ReThink Your Spending To Reduce Waste!

We all know the 3 Rs – Reduce, Reuse and Recycle. But did you know that there is another R that is equally – if not more – important? That R stands for RETHINK!!



reTHINK

It's easy to Re-Think your spending, and thereby reduce waste by being mindful and conscious of everyday decisions. For example, when you are at the store choosing items to buy, think about how you will eventually

dispose of that item. Ask yourself: "Is the item reusable or recyclable? It is made from recycled content? If you answered "Yes", then the product is an environmentally preferable choice.

Each of us makes many purchasing decisions in a typical day. Try these simple steps to challenge yourself to Re-Think spending and reduce waste:

Put a recycle bin next to your trash can so that members of your household make a conscious choice about which bin to use each and every time.

Make recycling more convenient by adding additional containers in high traffic areas.

Examine the contents of your trash. Does it contain any recyclable materials? If so, put it in the proper container. If you are throwing away a lot of leftover food, consider composting.

Examine the contents of your recycling bin. Does it contain a lot of single use items such as bottles and small containers of food and drink? If so, consider buying this item in bulk and take to-go portions in re-usable BPA-free containers.

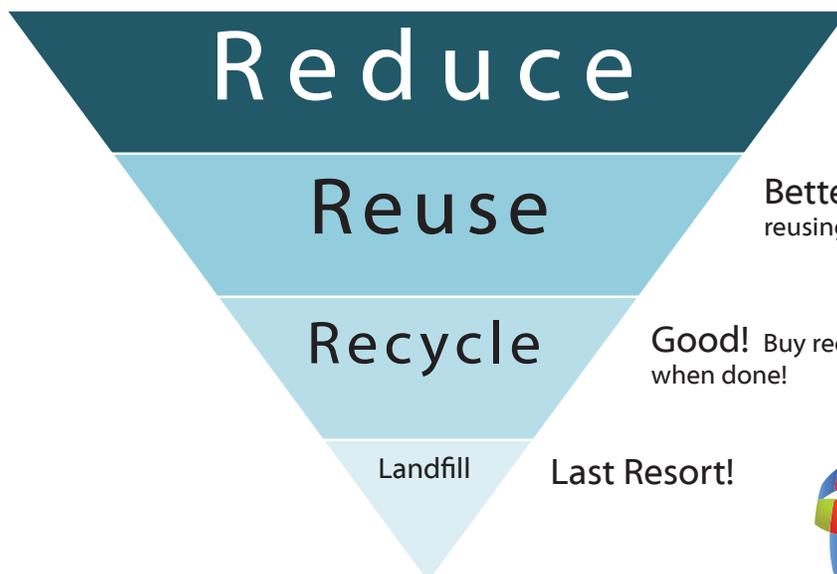
When it's time to put trash or recyclables out for pickup, notice the amounts of each, and how they compare to each other. You are doing well when the amount of recycling exceeds the amount of trash.

Next, try even harder to reduce both your trash and your recyclables. One change leads to another.

Ask other members of your household to do the same. Make sustainable purchasing a fun habit for you and your family. Many children enjoy being part of purchasing decisions that are healthy for them, and for the planet.

The more you ReThink, the more you reduce your waste by not creating it in the first place!

Suzan Beraza, Director of the documentary film "Bag It" which examines the impact of plastic on society, says "We are all average people who want to do the best we can. It is not always easy and/or obvious what the best choices are. I often think of how my grandparents managed without all of this plastic. While modern conveniences have moved us forward in many ways, I am constantly finding things cluttering my life that aren't "necessary" at all. Often I find that good 'ole common sense leads us in the right direction."



Best! Buy less stuff. Make good purchasing decisions about what you do buy.

Better! Extend the life of what you already own by reusing it or giving it to someone who needs it.

Good! Buy recyclable items and put them in recycle bin when done!



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